



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas
Vol 1 March 2003

The Team Nutrition e-Newsletter will be published periodically to share Team Nutrition resources developed by USDA and State agencies, and share ideas for implementing Team Nutrition at the State and local levels to promote healthy eating and physical activity.

In this issue –

1. *Louisiana's Nutrition Across the Curriculum: lesson plans for grades preK-12*
2. *Minnesota Stakeholders recommendations for a healthy school nutrition environment*
3. *Montana's NutritionSENSE project*
4. *Iowa's Setting the Stage: Improving the Childcare Nutrition and Physical Activity Environment through Policy and Best Practice*



Ideas for Nutrition Education

Louisiana's Nutrition Across the Curriculum: Lesson Plans for Grades PreK-12 is an instructional resource for educators at all grade levels. The lessons are designed to help students develop positive attitudes toward good nutritional practices, to establish lifelong healthful eating patterns, to take action for good health, and to provide accurate and current nutrition information.

This document is the product of a two-year USDA Team Nutrition grant and a partnership between the Louisiana Department of Education, Division of Nutrition Assistance, and Southeastern Louisiana University, Excellence in Health and Education Project.

A major goal of the project is to integrate nutrition information into content area across the curriculum. These lessons have been correlated to Louisiana benchmarks in science, mathematics, English/language arts, and social studies. Another goal is to promote the Team Nutrition concept by including the cafeteria as part of the total educational system. These lessons can be used as a resource for teachers of health education, nutrition, or food-related topics.

Many of the lesson plans also are available at the Louisiana Department of Education web site, *Making Connections*, at <http://www.lcet.doe.state.la.us/conn/lessonplans.php?PHPSESSID=bc58f134d2b39d6210b696d2246ca67a>.



Ideas for Creating a Healthy School Nutrition Environment

Minnesota Stakeholders recommendations for a healthy school nutrition environment: The Minnesota Department of Children, Families and Learning (CFL), through USDA's 2001 Team

Nutrition Training Grant, published Minnesota *Stakeholders Recommendations For a Healthy School Nutrition Environment*. MN CFL Food and Nutrition Service proposed a collaborative effort of 25 to 30 school stakeholders and interested parties and generated a list of issues and concerns, discovered cooperative ways to work together, and made recommendations that help promote healthy school nutrition environments. Read the full recommendations at their Web site https://fns.state.mn.us/FNSProg/NSLP/PDF/Resources/FoodNutrRep11_02.pdf

Montana's Nutrition SENSE project: Through the funding of a 2001 Team Nutrition training grant, Montana's Nutrition SENSE is a students' organized (pilot) project that aimed to increase access and promote healthful foods and beverages in student-run store/business and is not in direct competition with the school nutrition programs. Nutrition SENSE stands for **Students Encouraging Nutritious Snacks Everyday**. Montana Team Nutrition program is working with 10 high schools with this project to learn how to better market healthful foods and beverages in student-run school stores. At Terry High School in Terry Montana, a Family, Career and Community Leaders of America (FCCLA) students run "business" - snack shack opens after morning athletic practices, during lunch break, and after school for 15 minutes. Product ideas include bagels and cream cheese, muffins, cheese and crackers, Nutrigrain bars, Go-Gurts, pudding, apple chips, corn nuts, peanuts, fresh fruit, frozen fruit juice bars, smoothies, dried fruit, Frappachino, trail mix, cereal bars, string cheese, goldfish crackers, jerky, fruit rollups, etc. Students are appreciating and purchasing the foods offered at the snack shack during the school day. For further information on how Montana's Nutrition SENSE project work, contact Katie Bark at kbark@state.mt.us A tool kit for student organizations to use in offering healthful items will be developed this summer from this pilot project.

Iowa's Setting the Stage: Improving the Childcare Nutrition and Physical Activity Environment through Policy and Best Practice: Iowa has developed several resources to improve childcare nutrition and physical activity environment. Materials include:

- *Physical Activities and Healthy Snacks for Young Children* – the kit includes the snack/recipe cards and the activity cards. Each card provides a book title appropriate for young children (age 1-5). The books related to specific foods in the recipes, to healthy eating or to physical activity. The recipe cards are designed to assist caregivers to plan snacks and daily physical activity to promote good health.
- *Policies and best practices for nutrition and physical activity in early childhood settings* – the kit includes cards with information: - background information to support the policies and best practices; - a self-assessment questionnaire connected to the best practices; - 12 policies and best practices that contribute to a healthy eating and physical activity environment for children. The cards are color-coded (Purple – how to use the Setting the Stage policy cards, Green – health facts about eating and physical activity, Orange – marketing your services with a focus on TN; Blue – self assessment questionnaire; Red – supporting child development at mealtimes; Aqua - 12 policies and associated best practices and their rationales; Yellow – references for the policies and best practices.)
- *Nutrition and physical activity lessons for early childhood settings* - there are two color-coded lessons: The orange/red cards are lessons related to energy and nutrients in foods to physical activity and growth. The focus is biological and personal (growth

and health, a variety of foods and physical activities). The green cards are lesson on the social and cultural aspects of food and physical activity (provide children with opportunity to obtain and prepare food together, explore a wide variety of foods that are unfamiliar, and participate in physical activity in groups.)

For more information on these materials please contact Iowa State Department of Education at Bureau of Food and Nutrition
Iowa Department of Education
Grimes State Office Building
Des Moines, IA 50319
Phone: (515) 281-4758
FAX: (515) 281-6548

About USDA's Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide *training and technical assistance* to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated *nutrition education* for children, their parents, and other adults who influence children's behavior; and 3) build *school and community support* to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to USDA Web site at <http://www.fns.usda.gov/tn>